

TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



Staying Safe- Staying Connected

Jump into fall with a colorful list of new activities and past favorites being brought back for your enjoyment. We are excited to be slowly adding more programs for Tukwila's older adults while following Washington's COVID-19 guidelines. Masks are required for all indoor programs, and recommended for all outdoor group activities too. Our staff is busy making facilities are cleaned and ready to welcome you and your friends.

Kindest Regards,
Sheri McConnaughey
Senior Programs Coordinator
sheri.mcconnaughey@tukwilawa.gov
206-767-2321

SUMMER PICNIC

Wednesday, September 1

Register by 8/30 at 9 am

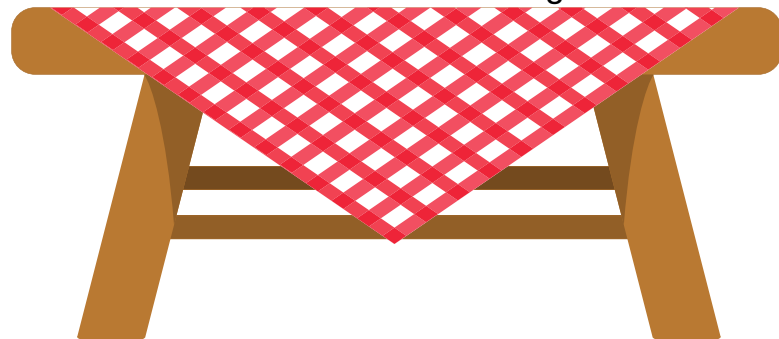
Tukwila Community Center
Picnic Shelter

11:00am-1:30pm

Music by the Jewel Tones

Lunch by L&L Hawaiian BBQ

Call 206-768-2822 to register



SEPTEMBER/OCTOBER 2021

DROP IN ATHLETICS

NEW

Open Play PICKELBALL, Tuesdays beginning 9/14, 1:30 - 3:30pm / Thursdays: 9:30 - 11:30am, Tukwila Community Center. Beginner and intermediate players can drop in to play pickleball, make new friends, and have some fun. Advance registration not needed.

OPEN PLAY VOLLEYBALL, Wednesdays beginning 9/15, 10:30am - 1:00pm, Tukwila Community Center. Back by popular demand! Adults 55+ can drop in to play volleyball, practice skills, or learn new moves. Advance registration not needed.

FITNESS & WELLNESS CLASSES

FUNCTIONAL STRENGTH TRAINING with Jocelyn, Wednesdays: 8:00 – 9:00am Learn how to move your muscles to improve posture, balance, core strength, coordination, and range of motion. This class aims to increase energy and strength to perform daily activities with minimal pain and injury. Participants can expect standing and floor exercises.

SILVER SNEAKERS with Suzanne, Tuesdays: 10:00 – 11:00am / Thursdays: 8:00 - 9:00am

NEW

Designed to increase muscle strength, range of movement and improve activities for daily living. Low Impact training suitable for all fitness levels, a chair may be used for seated exercises and standing support. Class can be modified depending on fitness levels.

NEW

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Wednesdays: 10am - beginning October 6th

Instructor: David Kiesel, Certified Instructor of Tai Chi for Arthritis and Fall Prevention/ Retired Physical Therapy Assistant Improves your balance, strength, coordination and breathing with a series of gentle, graceful movements linked together in a continuous, smooth-flowing sequence. Sessions are focused on learning movements and increasing overall health.



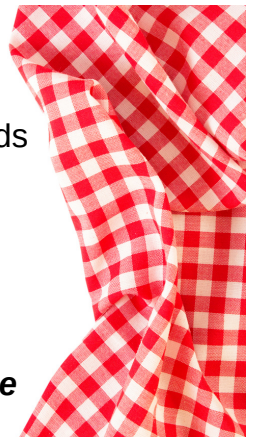
VETERANS PICNIC

Gather with fellow Veterans and their families. Make new friends and share stories while enjoying a **free** picnic lunch and live entertainment.

Wednesday, September 8th, 11:00am-1:30pm

Seahurst Park: 1600 SW Seahurst Park Rd, Burien

Register by calling 206-768-2822, family members welcome



THRILLER



Instructor Suzanne Simmons will teach the “Thrill the World” version of Michael Jackson’s “Thriller” dance. Learn all the steps (no dance experience necessary) and practice the entire dance. Get tips on Zombie makeup, character and costumes. All participants will receive a dance script to practice at home. After class you’ll be prepared to join in on the next Thriller flash mob! Instructor is a professional dance and fitness instructor, performer, and has taught and performed Thriller since 2008.

October 5th – 26th / Tuesdays 11:00am –12pm / Tukwila Community Center

NATURE WALKS WITH GREEN TUKWILA

September 13, Joseph Foster Memorial Park

Take a walk around the fields, try out the onsite exercise equipment and hear about the new murals while learning about how parks protect large trees in urban areas.

October 11, Duwamish Gardens

Learn how the park design creates habitat and supports young salmon. We will take time to observe salmon jumping in the Duwamish River.

Walks meet at 10 am

Register in advance: www.tukwilawa.gov/signup

TUKWILA TRAILERS WOMEN'S HIKING GROUP

The Tukwila Trailers women’s hiking group meets up at trails for gentle hikes and walks designed for all abilities. Participants drive their own vehicles and social distancing is adhered to.

September 20, Seward Park

5900 Lake Washington Blvd S. Seattle

October 18, Seahurst Park

1600 SW Seahurst Park Road, Burien

Walks meet at 10 am

Register in advance: www.tukwilawa.gov/signup

SENIOR PAINTING CLASS

Thursdays, 10:00am-noon

Session 1: September 9th - 30th

Session 2: October 7th - 28th

Join Marianne Perkins to refine painting skills and learn new techniques. Marianne positively challenges her students in a supportive atmosphere intended to inspire. This class is for non-beginners who have taken a class with Marianne in the past.

BEGINNING WATERCOLOR

Fridays, 11:00am-1:00pm

Session 1: September 10th - 24th

Session 2: October 1st - 29th

This class is strictly designed for the beginner painter that wants to learn watercolor. We will begin from step one at an easy pace to make sure everyone is feeling confident with their true artistic self. Come laugh, learn and enjoy the experience.

Painting classes FREE and being offered in person at the Tukwila Community Center AND via Zoom - you choose how you want to participate. Registration info below.

Registration

Advanced registration is required for most activities. Many Programs are **FREE** to Tukwila residents as we recover from the Covid-19 Pandemic. Funding is provided through the King County Veterans, Senior & Human Services Levy.

Register by visiting: www.tukwilawa.gov/signup or call 206-768-2822



Community Services

Hyde Shuttle: Need to go shopping? Get a haircut? Visit a friend? The Hyde Shuttle is a FREE van service for seniors and people with disabilities living in Tukwila. You can ride anywhere within the service area set up by Senior Services. Shuttle Hours are Monday-Friday from 9:00am-4:00pm. Call 206-727-6262 to schedule a ride.

Low-Income Home Energy Assistance Program (LIHEAP): If your main source of heat is electricity, gas, or heating oil, and you need help paying your utility bill, please have your bill in hand and call to schedule an appointment. Phone: 253-517-2263

Tukwila Human Services: The Office of Human Services helps connect Tukwila residents with a broad range of programs to meet a variety of social service needs. Phone: 206-433-7181 or 206-433-7180

Flu Shots = FREE

Tuesday, September 21st at the Tukwila Community Center from 11am – 1PM

Senior Flu Vaccines are FREE and everyone that receives one will also get a Free Box Lunch

Secure your shot and lunch by calling 206-768-2822

Meal Services

DUWAMISH CURB CAFE

Healthy lunches available for curbside pick-up each Tuesday. Please call one week in advance to reserve: 206-767-2321 or 206-768-2822 and press 0. \$3 donation suggested for those 60+, \$6 donation for those 59 and under is required.

MEALS ON WHEELS

Are you or someone you know homebound or having difficulty getting meals? We are part of “Meals on Wheels” network and deliver meals each week to those that are homebound. Orders are taken on Mondays and delivered Thursdays. Call 206-448-5767 for information or visit www.seniorservices.org/foodassistance/mealsonwheels

Self-Care

Healthy Feet

Nurse Mary-Lou Payne accepts appointments the third Thursday of each month between 8am-1pm.

Reserve a May or June appointment by calling 206-767-2321. Bring a towel and plan to wear a facemask while in the building. Basic health and temperature screening is required when entering the Tukwila Community Center. The fee is \$25 by cash or check, paid directly to Mary-Lou.